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PUBLISHES
January 26, 2017

AD DEADLINE
January 19, 2017

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U-Jam Confidential

An instructor with a double life leads a jammatic dance class called U-Jam.

By Sara Rubin

Melanie was found herself creating a dance floor and thinking, "If only you didn't think that much, if only you were wearing an exciting costume if only you were wearing an exciting costume about beating the arms of your pants—then you could create these moments as well as create."

U-Jam is the manifestation of that dream—a merge between fitness and hip-hop dance party a chance to work in the name of health.

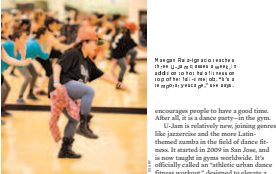
Maegan Bate-Spinale teaches U-Jam, but both fitness and a class called force funk, and she views U-Jam as the fitness class that successfully extracts the best of the night scene. "It's like dancing in a club without the cover charge, without the heels and without people trying to bump on you," she says.

On a recent night at the Monterey Sports Center, she directs about a dozen women and one man to step, jump, fist pump and twerk to a soundtrack ranging from Run-DMC by R. Ruffalo and The Roots to Beyoncé's new to hip-hop artists Macklemore & Ryan Lewis.

Bate-Spinale encourages participants to sweat through into a position that will release consistency. "Everything you measure and you about standing straight up, [finger it] I need you to lean over," she says.

By day she's Maegan Bate-Spinale, responsible for handling confidential

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recognition people to have a good time. After all, it's a dance party—in the gym.

U-Jam is relatively new, joining genres like jazzercise and the more Latin-themed Zumba in the world of dance fitness. It started in 2009 in San Jose, and in a sense might be a great workout. It's officially called an "aerobic urban dance fitness workout," designed to derive a participant's heart rate.

"I've used to teaching and welcoming for exercise—linear activities requiring little coordination—and when I started U-Jam class it feels like a test of endurance than a high-energy fun, but Bate-Spinale points out there's plenty of strength training thanks to more consistent squats.

"When we did a few days later, I was about the moves, I explain that I couldn't keep up with some of the simple and not-so-simple, but she says not to worry. All the sweating, she adds, constituted a popular dance move in and of itself, without me even realizing it."

As Bate-Spinale felt compelled to point out, "The more working."



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